

July

Merrimack Valley Nutrition Project at the Greater Lawrence Technical School is a Program made possible in part by funding from the Older Americans Act as granted by Elder Services of the Merrimack Valley. Milk and Margarine offered with each meal.

MENU SUBJECT TO CHANGE

2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 Stuffed Salmon Dill Sauce Herb Mashed Potatoes Mixed Vegetables Fresh Fruit – All Multigrain Bread	2 Turkey Ham with Fruit Sauce Scalloped Potatoes Broccoli, Cauliflower, & Red Peppers Tapioca Pudding/Diet Pudding Whole Wheat Roll	3 Independence Day Dinner Tuna Salad Cold Plate Macaroni Salad Asian Salad Fruit Smoothie/Diets Yogurt Buttermilk Biscuit	4 Closed Happy July 4th
7 Swiss Steak with BBQ Gravy Whipped Potatoes Peas and Carrots Chilled Peaches -- All Whole Wheat Dinner Roll	8 Baked Chicken Breast Broccoli and Ziti Fresh Baked Cookie/Diets Plain Cookie Dark Rye Bread	9 Make Your Own Shepherd's Pie Seasoned Ground Beef Mashed Potatoes Kernel Corn Fresh Fruit – All Multigrain Bread	10 Teddy Bear Picnic Low Salt Hot Dog Mustard & Relish Baked Beans/Cole Slaw Popcorn Teddy Bear Grahams – All Hot Dog Roll	11 Seafood Salad Cold Plate Shredded Lettuce Three Bean Salad Chilled Mandarin Oranges -- All Pita Bread
14 Chicken Patty Sandwich Mayonnaise Hot Potato Salad Green and Gold Beans Fresh Fruit – All Whole Wheat Sandwich Roll	15 Meatballs with Pasta and Marinara Sauce Carrot Coins Chilled Apricots - All Italian Bread Stick	16 Orange Juice Cheese Omelet Home fries w/ Onions & Peppers Cheerios Low Fat Muffin	17 Birthday Dinner Roast Pork with Gravy Whipped Potatoes Mixed Vegetables Birthday Cake/MOW Cupcake/ Diets Pound Cake Multigrain Bread	18 Turkey Cold Plate Mayonnaise Pickled Beets Spinach Salad with Mushrooms and Dressing Chilled Diced Pears -- All Light Rye Bread
21 BBQ Beef Rib Sandwich Baked Beans LS Potato Chips Chilled Pineapple -- All Small Sandwich Roll	22 Baked Chicken with Pineapple Ginger Sauce Whipped Potatoes Oriental Blend Vegetables Fruit Smoothie/Diets Yogurt Pumpnickel Bread	23 Grape Juice Cheese Lasagna/Marinara Sauce Parmesan Cheese Carrots and Celery Chilled Applesauce -- All Whole Wheat Bread	24 Roast Turkey with Gravy Cranberry Sauce Whipped Potatoes California Blend Vegetables Vanilla Pudding/Diet Pudding Light Rye Bread	25 Chicken Salad Cold Plate Shredded Lettuce Cherry Tomatoes LS Potato Chips Fresh Orange-- All Small Sub Roll
28 Fruit Punch Potato Crunch Fish Rice with Peas and Mushrooms Brussel Sprouts Chocolate Pudding/Diet Pudding Multigrain Bread	29 Apple Juice Juicy Hamburger/Ketchup Mixed Vegetables Potato Chips Fruited Gelatin/Diet Gelatin Hamburger Roll	30 Baked Ham Fruit Sauce Whipped Sweet Potatoes Italian Blend Vegetables Chilled Pineapple -- All Whole Wheat Bread	31 BBQ Chicken Leg Kernel Corn Hot Potato Salad Watermelon/Sites Petite Banana/MOW Whole Wheat Bread	August 1 Cottage Cheese Fruit Plate Chilled Pineapple Tossed Salad/Dressing Fruit Smoothie/Diet Yogurt Low Fat Muffin